



NORTH DAKOTA DEPARTMENT OF HEALTH

Family Planning Program

INFORMATION FOR CERVICAL CAP

The cervical cap is 86 percent to 98 percent effective in preventing pregnancy if used correctly every time.

BENEFITS:

- * May be left in place for up to 48 hours.
- * May reduce the risks of some cervical infections.
- * You can have sexual intercourse immediately after placement.

RISKS/SIDE EFFECTS:

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| * Discomfort/odor during use | * Urinary tract infections |
| * Vaginal/cervical infections | * Abnormal pap smears |
| * Allergic reaction to the device/spermicide | * Laceration (tearing) of the vagina or cervix |
| * Signs of toxic shock syndrome such as
fever, diarrhea, vomiting, muscle aches, rash (like sunburn) | |

ALTERNATIVES: You have received information about other methods of birth control. For situations of suspected contraceptive failure, emergency contraception is available and offers a second chance to reduce the risk of unintended pregnancy.

INSTRUCTIONS: You have received information about the cervical cap and how to use it. The cervical cap may protect against some STDs (sexually transmitted diseases). There is no protection against HIV with the cervical cap alone.

DECISION TO STOP USING: You may stop using the cervical cap at any time. Understanding, a woman is most likely to become pregnant if she or her partner is not using a method of birth control.

QUESTIONS: You may ask questions about the cervical cap and may contact the clinic with further questions.

INSTRUCTIONS FOR CERVICAL CAP USERS

1. **USE YOUR CAP EVERY TIME YOU HAVE SEXUAL INTERCOURSE.**
2. Before leaving the clinic, be sure you feel comfortable and are able to insert and remove cap correctly.
3. Use another method of birth control (condoms or pills) until you have used the cap several times.
4. Do not use the cervical cap for two to three days prior to any pap smears.
5. Place spermicidal jelly in the cervical cap per manufacturer's instructions.
6. After intercourse, check the cap to see that it is still in place.
7. After intercourse, leave the cap in place for at least six hours. Douching is not recommended.
8. Remember the following to decrease your risk of toxic shock syndrome:
 - * Wash hands with soap and water before inserting, checking or removing cap.
 - * Do not leave in place longer than 48 hours.
 - * Do not use when you are menstruating or at any time you have an unusual vaginal discharge or signs of infection.
 - * Do not use the cap for six to 12 weeks after childbirth or cervical surgery.
 - * Do not use the cap for two to four weeks after pregnancy termination.
9. Know possible signs of toxic shock syndrome:
 - * Fever (101 degrees or higher)
 - * Diarrhea
 - * Vomiting
 - * Muscle aches
 - * Rash (like sunburn)
10. The cap should not interfere with normal activities, such as going to the bathroom or showering.
11. Wash cap thoroughly with antibacterial hand soap and rinse well with tap water. Dry with towel after each use. Store in plastic case; keep cool and dry.
12. Check cap for holes and tears before and after use. The cap is reusable for one year.
13. Do not use oil-based products - such as Vaseline, vaginal medications, mineral oil or hand lotion - with the cap.